

# Receiving Blood Transfusions

Blood is made up of fluid called plasma that contains red blood cells, white blood cells and platelets. Each part of the blood has a special purpose. A person may be given whole blood or only the parts of the blood needed to treat an illness or injury.

## Types of Blood Transfusions

A transfusion is the process of giving whole blood or parts of the blood through an intravenous (IV) catheter tube into a blood vessel. Your doctor will talk to you about the type of transfusion he or she recommends to treat your condition.

- **Red blood cells** – This is the most common part of the blood given. Red blood cells are what give blood its red color. Red blood cells carry oxygen from the lungs to other parts of the body then carbon dioxide back to the lungs. A red blood cell transfusion may be needed if you have lost blood to surgery or injury, or to treat anemia.
- **Plasma** – This is the liquid part of the blood that contains proteins that help blood clot and fight disease. Plasma transports water and nutrients to your body's tissues. It is often given to replace blood that has been lost after bleeding.
- **Platelet** – These cells work with proteins in plasma to help blood clot. Platelet transfusions are given when the platelet count is too low.

The blood used in transfusions most often comes from volunteer donors. The blood is carefully screened for disease to make sure that it is safe.

# Ku Shubista Dhiig

Dhiiggu waxa uu ka sameysan yahay dheecaan loo yaqaano balasma (plasma) oo ay ku jiraan unugyada cas ee dhiigga, unugyada cad ee dhiigga iyo balataleetyo (platelets). Qayb kasta oo ka tirsan dhiigga waxay leedahay shaqo gaar ah. Waxa dhici karta in qofka la siiyo dhiig kaamil ah ama la siiyo kaliya qaybaha dhiigga ee qofku u baahan yahay si loo daweeyo cudur ama dhaawac.

## Noocyada ku Shubista Dhiigga

Ku shubis ama siin dhiig waa hab qofka lagu siiyo dhiig kaamil ah ama qaybo ka tirsan dhiigga iyada oo la marinayo dhuun ama tuubo katatiir (catheter tube) oo la galiyo xidid dhiig. Dhakhtarkaaga ayaa kaala hadli doona nooca ku shubis dhiig ee uu ku taliyo ama ay ku taliso si loo daweeyo xaaladdaada.

- **Unugyada cas ee dhiigga** – Kani waa qaybta ugu caamsan ee dhiigga la siiyo qofka. Unugyada cas waa waxa dhiigga u yeela midabka cas. Unugyada cas waxay oksijiinta ka qaadaan sambabada oo ay geeyaan xubnaha kale ee jidhka ka dibna kaarboon laba oksaydh ayay soo qaadaan oo dib u keenaan sambabada. Waxa dhici karta in loo baahdo ku shubis unugyada cas ee dhiigga haddii uu kaa baxay dhiig sababta oo ah qalitaan ama dhaawac, ama si loo daweeyo dhiig-yaraan.
- **Balasma** – Kani waa qaybta hooraha ah ee dhiigga ee uu ku jiro borootiinada dhiigga ka caawiya inuu xinjiroobo oo la dagaalamo cudurka. Balasma waxa uu biyaha iyo nafaqooyinka u geeyaa xubnaha jidhkaaga. Badanaa waxa loo isticmaalaa in lagu beddelo dhiigga qofka ka dhinma markuu dhiig baxo.
- **Balataleetyo** – Unugyadani waxay la shaqeeyaan borotiino ku jira balasma si dhiigga looga caawiyo inuu xinjiroobo. Ku shubista balataleetyo ayaa la sameeyaa marka tirada balataleetyadu si weyn u hooseyso.

Dhiigga lagu isticmaalo ku shubista badanaa waxa uu ka yimaadaa deeq-bixiyeyaal tabaruceyaal ah. Dhiigga si taxadir leh ayaa looga baadhaa cudur si loo habsado inuu yahay ammaan.

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## **What to Expect**

### **Preparing for Treatment**

If the transfusion is not an emergency, a sample of your blood is taken to match your blood to donor blood and to decrease the chance of an allergic reaction. This sample of your blood is taken to find:

- Your blood type (A, B, AB or O) and whether you are Rh-positive or Rh-negative.
- Compatible donor blood. This is called cross-matching. A small sample of your blood is mixed with a small sample of donor blood to make sure they mix smoothly and are thus a match.

**Tell your doctor if you have allergies or have had a reaction to a past blood transfusion.**

### **Signs of an Allergic Reaction**

An allergic reaction to a blood transfusion is not common. If a reaction occurs, it can be treated. Most reactions occur while you are receiving blood or soon after. Signs of a reaction include:

- Hives or itchy skin
- A fever
- Chills
- Dizziness
- Chest pain or ache
- Shortness of breath
- Back pain
- Pain at the transfusion site

## **Waxa la fisho**

### **Diyaarinta Daweynta**

Haddii ku shubistu aanay ahayn degdeg, qadar ama saambal ah dhiiggaaga ayaa la qaadi doonaa si loo ogaado in dhiiggaagu la nooc yahay dhiigga deeqda ah oo loo yareeyo suurto galnimada diidmo uu jidhkaagu ka keeno dhiigga lagu shubay. Waxa saambalkan dhiiggaaga loo qaadaa si loo ogaado:

- Nooca dhiiggaaga (A, B, AB, ama O) iyo inaad tahay Rh-positive ama Rh-negative.
- Dhiig deeq oo ay kaaga isku nooc yihiin. Waxa tan la yidhaahdaa isku nooc ka-dhigis (cross matching), Qadar ama saambal yar oo ah dhiiggaaga ayaa lagu walaaqaa saambal yar oo ah dhiigga deeqda ah si loo hubsado inay si fiican isugu walaaqmaan oo ay sidaa daraadeed yihiin isku nooc.

**La hadal dhakhtarkaaga haddii aad diidmo ama alerji mar uun u yeelatay wax laga sameeyay dhiig.**

### **Calaamadaha Diidmada Jidhka**

Diidmo ka timaada ku shubis dhiig ma aha wax aan la arag. Haddii diidmo dhacdo, waa la daweyn karaa. Diidmooyinka intooda badani waxay dhacaan wakhtiga lagugu shubayo dhiigga ama wakhti yar ka dib. Calaamadaha diidmada waxa ka mid ah:

- Finan ama maqaar cuncun leh
- Qandho
- Qadhqadhyo
- Dawakh
- Xanuun laabta ah
- Neefsashada oo dhib kugu ah
- Dhabar xanuun
- Xanuun ah goobta shubista

## During the Transfusion

- A small needle is inserted into a blood vessel, most often in your arm or hand, and a small sample of blood is taken and tested to confirm your blood type. You will feel a pinch when the needle is inserted.
- A small plastic tube, called an intravenous (IV) catheter, is left in the blood vessel. You receive blood through this tube. The donor blood, which is in a blood bag hanging from an IV pole, flows out of the bag through tubing into your blood vessel.
- A transfusion can take up to four hours depending on the type of transfusion you are having and how much blood is being given.
- You will be checked often to watch for a reaction or other problem. Your temperature, pulse and blood pressure will be checked. **Tell your nurse right away** if you have any signs of a reaction during your transfusion.
- When the transfusion is complete, the catheter tube is removed and a bandage is placed over the site. You may have some mild bruising or discomfort for a few days at the site. If you are in the hospital, the tube will stay in place.

## After You Go Home

**Call your doctor right away** if you have any signs of a reaction at home after your transfusion. In rare cases, reactions occur days or weeks after a transfusion. **Call your doctor right away** if you have any of these signs:

- Kidney problems, such as dark urine, more or less urine, or back pain
- Nausea and vomiting

## **Inta Lagu Jiro ku Shubista**

- Irbad yar ayaa la galiyaa xidid dhiig, taasoo badanaa ah cududdaada ama gacantaada, waxana la qaadaa saambal yar oo dhiig ah kaasoo la soo baadho si loo xaqiijiyo nooca dhiiggaaga. Waxa aad dareemi doontaa qanjiidho marka irbad lagu galiyo.
- Tuubo yar oo caag ah, oo la yidhaahdo katatiir xidid gala (intravenous (IV) catheter), ayaa lagaga tagaa xididka dhiigga. Dhiigga deeqda ah, oo ku jira bac dhiig oo sudhan tiir IV, ayaa ka soo qulqula bacda oo intuu soo maro tuubada gala xididkaaga dhiigga.
- Ku shubista dhiiggu waxay qaadan kartaa ilaa afar saacadood iyada oo ku xidhan nooca ku shubis ee lagu sameynayo iyo qadarka dhiigga ee lagu siinayo.
- Marrar badan ayaa lagaa eegi doonaa diidmo ama dhibaato kale. Waxa la hubin doonaa heerkulkaaga, garaaca wadnahaaga iyo cadaadiska dhiiggaaga. **Isla markiiba u sheeg kalkaalisada ama kalkaaliyaha** haddii aad leedahay mid ka mid ah calaamadaha diidmada inta ay socoto ku shubistu.
- Marka ku shubistu dhamaato, waxa lagaa saaraa tuubada katatiirka waxana goobta la saaraa faashad. Waxa laga yaabaa inaad xoogaa burbur khafiif ah ama xanuun ku yeelato goobta dhawr maalmood. Haddii aad ku jirtid cisbitaalka, tuubadu waxay ku jiri doontaa goobta.

## **Ka Dib Marka Aad ku Laabatid Guriga**

**Isla markiiba wac dhakhtarkaaga** haddii aad qabtid wax ah calaamadaha diidmada jidhka marka aad joogtid guriga ka dib dhiig ku shubistaada. Waxa jirta marrar dhif ah, oo ay diidmooyinku dhacaan maalmo ama todobaadyo ka dib ku shubista. **Isla markiiba wac dhakhtarkaaga** haddii aad qabtid mid ka mid ah calaamadahan:

- Dhibaatooyin kelyo, sida kaadi madow, kaadi intii hore ka badan ama ka yar, ama dhabar xanuun
- Lallabo iyo matag

- Yellowing of the skin or whites of the eyes
- Fever, cough, runny nose or muscle pain

**Talk to your doctor or nurse if you have any questions or concerns.**

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- Maqaarka ama isha inta cad oo hurdi/jaale noqota
- Qandho, qufac, san duuf leh ama muruq xanuun

**La hadal dhakhtarkaaga ama kalkaaliso haddii aad qabtid wax su'aalo ama walaac ah.**

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